

ABSTRACT OF THE DISCLOSURE

Before the next data is stored into a first memory cell in which i bits of data have been stored, i or less bits of data are written into cells adjacent to the first memory cell beforehand. The writing of i or less bits of data is done using a threshold voltage lower than the original threshold voltage (or the actual threshold voltage in storing i bits of data). After the adjacent cells have been written into, writing is done to raise the threshold voltage of the first memory cell.